

Self-isolation means staying at home

We need to stay at home to protect ourselves and others from coronavirus.

**Nurseries and schools
are closed.**

Children stay at home.



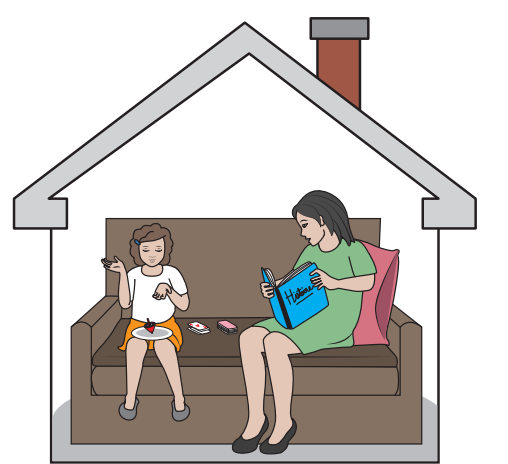
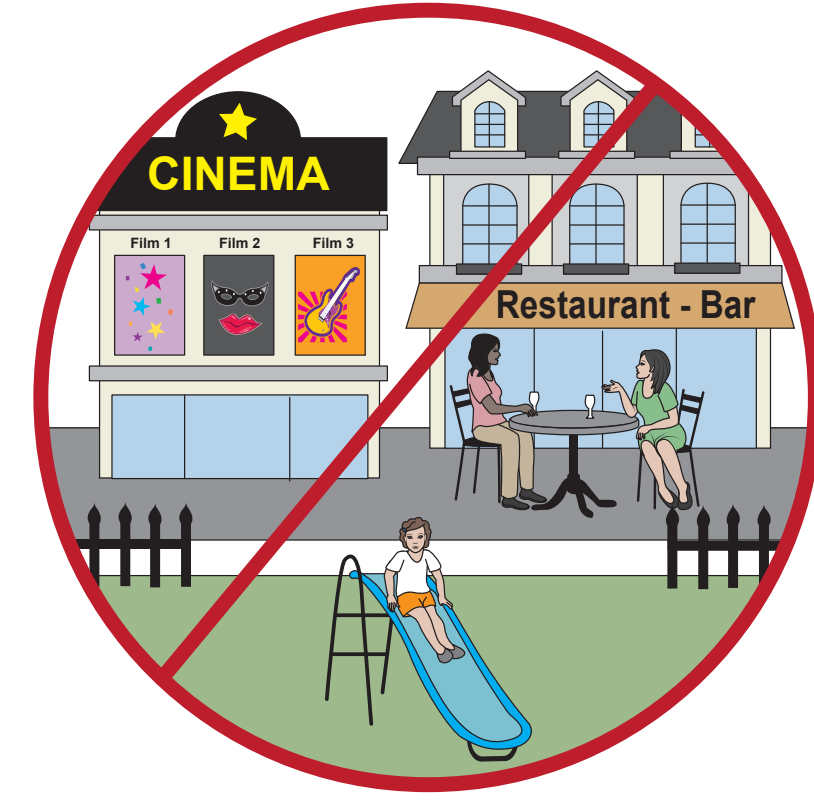
**Lots of workplaces
are closed.**

Some people have to work from home.



**Public spaces
are closed.**

But we can find fun things to do at home.



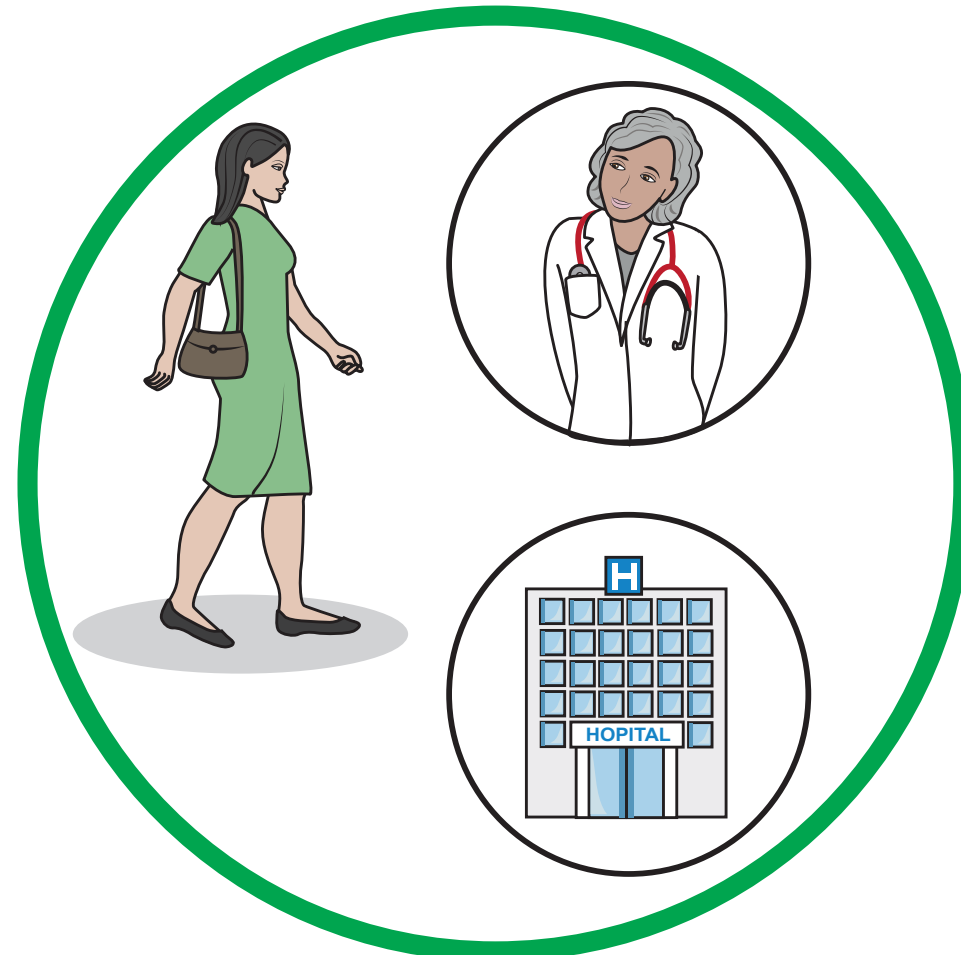
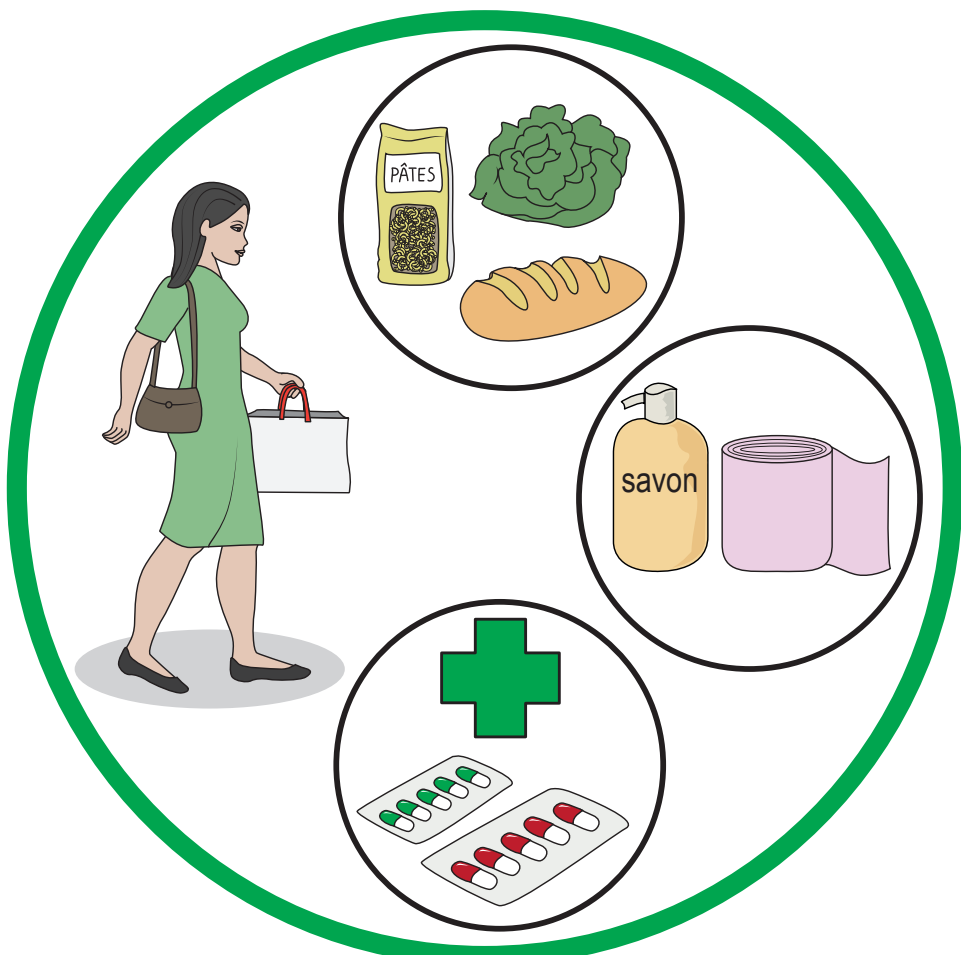
We are allowed to leave our homes but not for very long and only to:

**Go shopping
for essential items,**

**or to go to
doctors' appointments,**

**or to go for a walk
not too far,**

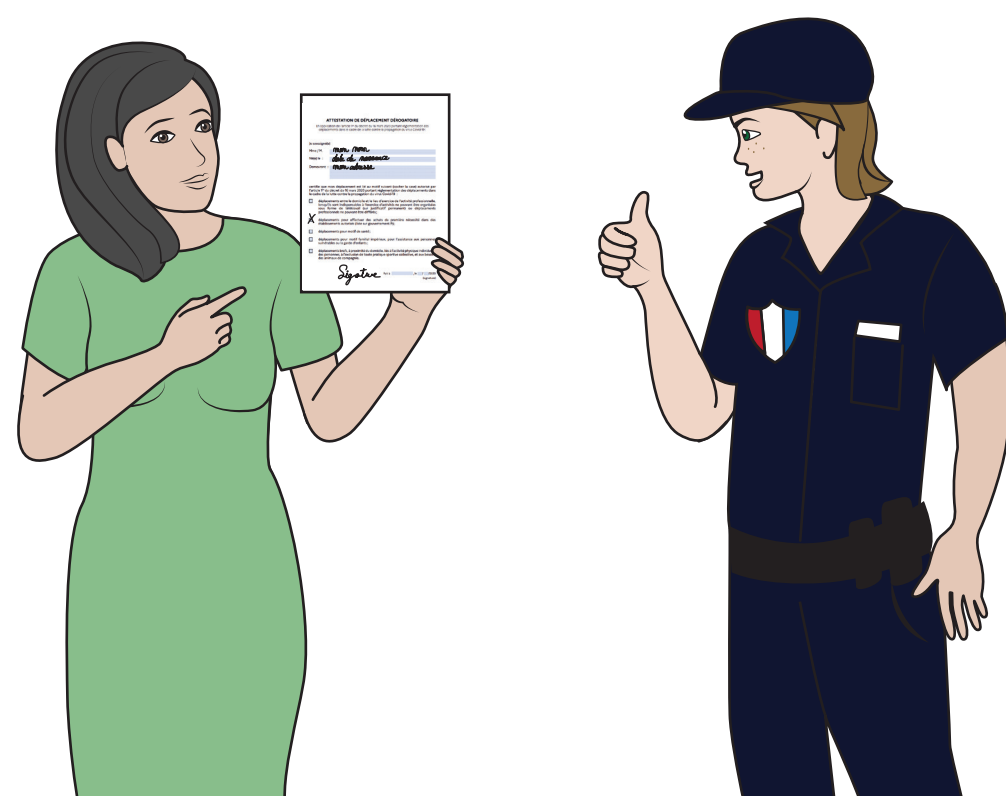
**or to help other
people who need it.**



People who do essential jobs are allowed to go out to work and take their children to childcare.

Each time we go out we need to take a certificate.

It's a piece of paper that says why we are going out.
The police might ask to see our certificate.



We must stay away from other people,



Download your simplified certificate and find out
how to fill it in at www.santebd.org

and we must continue to do simple things
to protect ourselves against coronavirus.

Find all our easy-to-use documents about coronavirus at www.santebd.org

Where can I find SantéBD ?

SantéBD is supported by:

On the SantéBD app



or at the website

www.santebd.org

